

Unfinished Product.

Four-year-old Marjorie was sent by her father to get the egg from a nest in a fence corner, where a certain hen persisted in laying each day. To her great astonishment she found a soft-shelled egg in the nest, and leaving it she ran back to her father, exclaiming, breathlessly: "Oh, papa, I didn't bring the egg 'cause it isn't finished yet."—Cleveland Leader.

Speedy.

"Does that new watch of yours keep good time?"
"You bet it does! There isn't a clock in town that can keep up with it!"

Two women can remain good friends if they don't meet often.

Topics.

"There's nothing like the weather as a topic of conversation."
"That remark," observed Senator Sorghum, "leads me to infer that you have never concerned yourself much about the tariff."—Washington Star.

To Drive Out Malaria

And Build Up The System
Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking, as the formula is printed on every label, showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

The Bible is a good book to read. If you doubt it, brush the cobwebs off your copy and look into it.

The Effects of Opiates.

THAT INFANTS are peculiarly susceptible to opium and its various preparations, all of which are narcotic, is well known. Even in the smallest doses, if continued, these opiates cause changes in the functions and growth of the cells which are likely to become permanent, causing imbecility, mental perversion, a craving for alcohol or narcotics in later life. Nervous diseases, such as intractable nervous dyspepsia and lack of staying powers are a result of dosing with opiates or narcotics to keep children quiet in their infancy. The rule among physicians is that children should never receive opiates in the smallest doses for more than a day at a time, and only then if unavoidable.

The administration of Anodynes, Drops, Cordials, Soothing Syrups and other narcotics to children by any but a physician cannot be too strongly decried, and the druggist should not be a party to it. Children who are ill need the attention of a physician, and it is nothing less than a crime to dose them willfully with narcotics.

Castoria contains no narcotics if it bears the signature of Chas. H. Fletcher.

Genuine Castoria always bears the signature of Chas. H. Fletcher.

STELLA-VITA
"STAR OF LIFE"

THE GUARANTEED Remedy For Women

STELLA VITA acts directly on the female organs and regulates the functions peculiar to women. It stops wasting, relieves dangerous suppression, and banishes the terrors of those periods so dreaded by weak, nervous, run down women. It has helped thousands of sufferers and is guaranteed to help you. Your money back on the very first bottle if you are not benefited.—\$1 at your dealer's.

THACHER MEDICINE CO., Chattanooga, Tenn.

WINTERSMITH'S CHILL TONIC

Sold for 47 years. For Malaria, Chills and Fever. Also a Fine General Strengthening Tonic. 80c and \$1.00 at all Drug Stores.

Honk! Honk!

The fatalities due to automobile accidents are distressing enough, but one encouraging fact in connection with them, as stated in a government report, is that during the last five years the number of fatal accidents has not increased nearly as fast as the number of cars. The cars have increased 775 per cent, while fatalities have increased only 258 per cent. This seems to indicate more careful driving at present.

Lamb on May.

What he considered the servile laudation of the month of May drove Charles Lamb to protest. "I do not mind the utmost rigors of real winter," he wrote to Bernard Barton, "but these smiling hypocrites of May wither me to death. What lies you poets tell about May! It is the most ungenial part of the year."—London Chronicle.

His Idea.

Bill—I see students in Paris have formed an Anti-Collar League, declaring that collars are unhealthy and inartistic. The members pledge themselves not to wear any kind of neckwear.

Jill—But it's easier to wear a collar than to have to wash your neck every day, isn't it?

Good Cause.

"What a leaden color your husband has, Mrs. Jones."
"Yes'm; he's don't got de plumbo, ma'am."

It's a Picnic Getting Ready for a Picnic

If you choose

Spanish Olives Pickles Sweet Relish Ham Loaf Veal Loaf
Chicken Loaf Fruit Preserves Jellies Apple Butter
Luncheon Meats Pork and Beans

Libby's
Ready to Serve
Food Products

Insist on Libby's at your grocer's

Libby, McNeill & Libby
Chicago



Kings Business College
Special Summer Rates are now on

Buy unlimited life scholarship now and save from \$10.00 to \$17.00. Bookkeeping, Short-hand, Stenotypy, Typewriting and English Courses. We train for Business Employment and Success. Send for catalogue and full information. Address: KING'S BUSINESS COLLEGE, RALEIGH, N. C. or CHARLOTTE, N. C.



The budget is to the housekeeper what the blue print is to the builder. The average housekeeper may reduce expenditure by keeping accounts each month of amounts spent for various food products.

HELPFUL HINTS.

In the first place every home keeper should keep accounts. Do you know any successful business man who keeps no account of his income and outgo? He is just as rare as is the housekeeper who does record her daily expenditures. Since the cost of living is constantly advancing it is vitally necessary that deep concern be paid to reducing certain items of expenditure. Food for the family costs more than any other item, and those who work with the thriftness and provident know that their condition is largely a matter of what they spend for the inside rather than the outside of the body.

Since meat makes up a large part of the ordinary family diet, any economy in the purchase of it will make a noticeable reduction in the food bill. By using meat substitutes, which are less expensive, but as nutritious, the amount may be cut down by half. The use of cheese, which is rich in protein, a pound of cheese being equal to two pounds of meat in food value with much less waste, will prove most satisfactory.

It is a great advantage to market in person; she sees the food products, is able to furnish variety and if she has strength of mind enough to refuse to buy that which she knows she cannot afford, no matter how alluring, she will find her marketing profitable. The butcher will not give short weight with the customer looking on, though the difference may be small it amounts to much in the course of a year.

The cheaper cuts of meat, nuts prepared in loaf, eggs in various forms, are all economical dishes when prepared intelligently.

The utilizing of left-overs in the planning of the meals is another important item. It goes without saying that the economical housewife makes out her menu days ahead in order to save expense and use those left-overs profitably.

Brown bread, white bread or whole wheat bread is made more wholesome by the addition of a few raisins.

Fruit and vegetables lend themselves to all sorts of combinations. As soups and salads they are satisfactory.

Something is wrong with everything. We live upon the planet of mistakes. Most of us are misfits. The rest are excuses. I know of no ideal condition except the condition of someone else. No human being ever had things just exactly to suit him. The sooner we awake to this truth and make up our minds that if ever we are to find contentment at all, it will be among things as they are and not among things as they ought to be, the better it will be for us—and also for the unfortunate people who have to live with us.—Frank Crane.

DAY WITH PANCAKES.

If pancakes are to be light, more mixing will not do. The batter must be thoroughly beaten for five or ten minutes. The frying pan should be very smooth and fairly hot so the cakes may cook quickly without getting soggy.

Plain Pancakes.—Sift one cupful of flour into a basin; add a quarter of a teaspoonful of salt, one unbeaten egg, and half a cupful of milk. Mix until smooth, then begin to beat with a wooden spoon for a few minutes; then add another half cupful of milk and continue beating until air bubbles rise to the top. Fry on a hot griddle and serve with lemon juice and sugar.

Cherry Shortcake.—Add to the cherry juice a little cornstarch, cook until smooth, add butter, then the pitted cherries and place on the cakes. Serve with the sauce instead of cream.

Rice Pancakes.—Boil a quarter of a pound of rice until quite soft, then drain. Mix with it one cupful of cream, four well beaten eggs, a quarter of a teaspoonful of salt, nutmeg to taste, a half cupful of melted butter and sufficient flour to form a smooth batter. Fry and serve.

Serving a thin slice of orange sprinkled with sugar on the nice brown cake, which is but little larger than the orange is a most attractive and delicious cake.

Scotch Pancakes.—Beat four eggs with four tablespoonfuls of sugar. Have six tablespoonfuls of flour and a pint of sweet milk, mix a little of the milk with the flour until smooth, add this to the beaten eggs, then add a little salt and mix all together. Put a tablespoonful of butter on a smooth griddle and pour a cupful of the well beaten batter on to the pan, cook until well browned, then spread with butter and orange marmalade, roll up, sprinkle with sugar, serve on a hot dish.

Chopped pineapple or other fruits may be served on these cakes, even grated chocolate added just as they are taken from the griddle, dusted with sugar, is a cake liked very much.

Nellie Maxwell

CALOMEL SICKENS! IT'S MERCURY! DANGER

"Dodson's Liver Tone" Straightens You Up Better Than Salivating, Dangerous Calomel and Doesn't Make You Sick—Don't Lose a Day's Work—Wonderful Discovery Destroying Sale of Calomel Here.

You're bilious! Your liver is sluggish! You feel lazy, dizzy and all knocked out. Your head is dull, your tongue is coated; breath bad; stomach sour and bowels constipated. But don't take salivating calomel. It makes you sick, you may lose a day's work.

Calomel is mercury or quicksilver which causes necrosis of the bones. Calomel crashes into your bile like dynamite, breaking it up. That's when you feel that awful nausea and cramping.

If you want to enjoy the nicest, gentlest liver and bowel cleansing you ever experienced just take a spoonful of harmless Dodson's Liver Tone tonight. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal money-back guarantee that each spoon-

ful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick.

Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working, your headache and dizziness gone, your stomach will be sweet and your bowels regular. You will feel like working; you'll be cheerful; full of vigor and ambition.

Dodson's Liver Tone is entirely vegetable, therefore harmless, and can not salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of calomel is almost stopped entirely here.—Adv.

SCHEME PROVED A FAILURE

Tight-Fisted Old Gentleman More Than Met His Match in Shrewd Physician.

A tight-fisted old man, feeling very sick, asked a friend to recommend a physician. The friend named a certain specialist.

"Is he very expensive?" asked the sick man.

"Well, not so very. He'll charge you four dollars for the first visit and two dollars for each one after that."

The old fellow soon afterward walked into the office of the physician named by his friend, and upon being admitted to the consulting room plunked down two dollars, remarking: "Well, doctor, here I am again."

The physician calmly picked up the money and put it in a drawer, which he locked securely. The sick man looked on expectantly, awaiting the next move.

"Well, I'm ready to be examined," he said at length.

"I don't think it's necessary," replied the shrewd specialist. "There's no need to do it again. Keep right on taking the same medicine. Good-day, sir."

A Kidney Medicine That Makes Friends Everywhere

Thirteen years ago we commenced selling Dr. Kilmer's Swamp-Root and during our entire experience we have not encountered a single unpleasant dealing with our customers who have used it. It is a preparation that gives universal satisfaction, and our customers are always pleased to speak in the highest terms regarding it. We have sufficient confidence in Swamp-Root to recommend it and consider we are doing our customer a favor.

Very truly yours,
BARNETT-SCHENK DRUG CO.,
Jan. 10th, 1916. Roanoke, Va.

Prove What Swamp-Root Will Do For You

Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Salvini's Descendants.

Salvini, the great Italian tragedian, made it a condition that none of his sons should act in Italy so long as he remained on the stage. So Custavo was banished to the other countries of the continent and acted in Russia and Austria with some successes. Alexander learned the English language and played in this country until he died at an early age. Tomaso is now an actor in Italy and is said to have inherited to a greater degree than any of his brothers the talents of his father. Salvini was married twice; first to Clementine Cazzola, an eminent Italian actress, who died, leaving him three small children. Many years later he married an Englishwoman named Lotie Sharp, by whom he had two children. His grandchildren have attracted attention in art and other circles in Italy.

Investigate the Onion.

The homely onion has been the subject of an inquiry by a British committee whose duty it was to go into the matter of its high cost. The report of the committee reveals the fact that the present high rate of the onion is due to the stoppage of import from Holland and Belgium and to the diminished import from Egypt and Spain. It is pointed out that onions can be grown in England, and to woman gardeners of even quite amateur experience the contemplative cult of the onion is to be recommended as a real and useful war work.

The fatter a woman gets the easier it is for her to believe other women are unable to notice it.

Selfish people are not selfish enough to keep their troubles to themselves.

Preserving Foods.

A new method has been discovered, says an English paper, for preserving various food products, especially milk powder, the idea being based upon placing the substance in a sealed vessel or packing case with inert gas, so that this latter prevents the usual spoiling of contents by the action of the air. In the French patented process the milk powder is packed in metal boxes of convenient size, which are entirely sealed except for a pinhole that is left at the top. A number of such boxes are put in a chamber and the air is exhausted by means of an air pump. When this operation is finished valves are opened which allow nitrogen to enter the chamber and fill up the several boxes. When opening up the chamber the boxes are quickly removed and the pinhole soldered before an appreciable amount of air has time to enter. In this way the contents of the boxes are kept in an atmosphere of inert gas, and the process is thus practical from an industrial standpoint.

Had Her Safe.

At the amateur operatic performance of "The Mistletoe Bough"—in which, as you remember, the heroine hides in a cellar chest and is smothered to death—the lady who played this part was, vocally, a terrible fiasco. Nevertheless, they struggled along until the scene where she climbed into the box—a real "property" kindly loaned for the occasion by John Smith, president of the local safe-deposit company. The lid snapped down with a click that was only too realistic.

A frightened stage manager rushed out to where the owner of the box sat and whispered:

"Gimme the key! The lid of your blooming box has sprung locked!"

"Is that woman going to sing any more?"

"Sure, she comes in as a ghost in the next act and sings two songs."

"That settles it," muttered old John Smith. "She can just stay there."

Every man has a sense of duty, but not every man has sense enough to utilize it.

BROWN'S LATE HOME-COMING

Striking Clock Registered a Record for Gentleman of Somewhat Convivial Habits.

Brown had come home very late after a convivial evening at a smoking concert and had consumed more cigars and refreshments than was good for him. It was midnight when he reached home, but he did not know it.

"Ah!" he muttered, "if the church clock would only strike, I should know the time. It's too late to see."

But hark! Just as he spoke the clock began to strike. Breathlessly, Brown counted, "One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve!"

But at that moment another clock began.

"Thirteen," counted Brown, "fourteen, fifteen—great Scott!—sixteen, seventeen, eighteen—gracious—nineteen, twenty, (!!!), twenty-one, twenty-two (!!!), twenty-three—mercy on us!—twenty-four (!!!)."

Mopping his steaming brow he exclaimed: "My word, I've never been out so late in all my life!"—Pittsburgh Chronicle-Telegraph.

Activities of Women.

Thirty women are practicing dentistry in Missouri.

Miss Mary Robertson is a United States deputy marshal in Topeka, Kan. Fifteen women will attend the Democratic national convention as delegates.

For the first time in the history of the Republican conventions, women will be employed to assist in guard duty.

Mrs. Robert Lansing, wife of the secretary of state, is one of the "rookies" in the woman's camp near Washington.

Disappointing Movie.

"I've seen it—'tain't no good."
"E gets 'ung, don't 'e?"
"Yus, but they don't show yer that."

It's the henpecked man who crows loudest when he gets away from home.



They Stand Up—

Unlike common corn flakes, the New Post Toasties don't mush down when milk or cream is added.

And they have a charming new flavour—delicious, different, the true essence of the corn—not found in corn flakes heretofore.

The intense heat of the new process of manufacture raises tiny bubbles on each delicious brown flake and these little puffs are the identifying feature.

These new flakes are firmer, crisper, and don't crumble in the package—in comparison, ordinary corn flakes are as "chaff."

Your grocer can send you a package of

New Post Toasties